



Turning Point

WELLNESS CENTER

Why should I see an Acupuncturist?

Acupuncture is a safe and effective holistic medicine backed by more than two thousand years of practice and research. It is practiced worldwide both as a primary and adjunctive treatment for a wide range of conditions. While there are somewhat standard treatment protocols for many conditions, the clinical success of acupuncture is related - at least in part - to the wide range of diagnostic signs and symptoms which are taken into effect when looking at an imbalance.

How does Acupuncture Work?

The ancient Chinese believed that there is a universal life energy called Chi or Qi present in every living creature. This energy is said to circulate throughout the body along specific pathways that are called meridians. As long as this energy flows freely throughout the meridians, health is maintained, but once the flow of energy is blocked, the system is disrupted and pain and illness occur. Imagine rivers that flood and cause disasters or an electrical grid short-circuiting that causes blackouts. Acupuncture works to “re-program” and restore normal functions by stimulating certain points on the meridians in order to free up the Chi energy.

What conditions can Acupuncture treat?

People may see an acupuncturist for almost any condition, from Cancer to Shoulder Pain. Some of the more commonly treated conditions are:

- Pain anywhere in the body including headaches, migraines and trauma
- Psychological related conditions such as Depression, Anxiety and Insomnia
- Menstrual Issues such as PMS, amenorrhea, irregular menstruation, etc.
- Asthma & Allergy issues

What will my first Acupuncture treatment be like?

In general people find acupuncture to be an incredibly relaxing experience, even for those who have some initial hesitation about needles. In general, your first treatment involves quite a bit of discussion, as the practitioner gathers as much information as possible to clearly understand and diagnose your issues from an oriental medicine viewpoint. The needling during the first treatment may be limited so you can become accustomed to the experience and the practitioner can see how you respond.

At Balanced Health the AcuGraph system is used to analyze the energy in your body. This is performed during your first visit, as well as every 3-4 visits, to measure the changes that are being made with your acupuncture treatments. This program allows you to receive a completely customized and individualized treatment specific to your body.

This individualization of the treatments is one of the strong points of oriental medicine. It is why people may experience broad changes within themselves after receiving acupuncture for a specific complaint. It also means that the treatments can be modified over time if they are not proving effective.

Prognosis and Treatment Plans

A definitive prognosis is always difficult to formulate, especially following an initial consultation. After the first 2-3 treatments, however, your acupuncturist should have a good understanding of your condition and be able to offer you a reasonable idea of how many treatments you will need.

While many people will feel some change in their condition immediately or within the first 2-3 treatments, others with more serious or recalcitrant conditions will need many months of treatment before a significant change occurs. *If you are not noticing any changes, it does not mean that acupuncture is not helping you.* Many times, the changes are slow and somewhat subtle as the entire body begins to rebalance from the condition. During these initial stages an acupuncturist can usually gauge the relative effectiveness of the treatments through precise questioning and by monitoring subtle changes in your tongue and pulse.

In the most general terms possible, 1 month of treatment may be necessary for each year that a condition has been active. For example, if you have had dysmenorrhea for the past 5 years you may need approximately 5 months of treatment before you will see a resolution. If you are experiencing acute back pain, you may receive immediate relief of the acute pain but may need further treatments to account for the underlying factors which led to the acute flare up.

Acupuncture Fee Schedule

New Patient Exam: This ranges from \$85-105 depending on the complexity of your case.
Acupuncture Treatment: \$50/treatment.

*Please note: Our office participates in a discount medical program, ChiroHealth USA. If you wish to become enrolled in this plan you can receive 25% off of your acupuncture treatment. Please see the front desk for more details.

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